

LIBERTY CALL

Man of

CINCPACFLT officer prepares for Ironman challenge

Story and photos by J02 Jana Saastad
PACIFIC FLEET PUBLIC AFFAIRS

THE Hawaii Ironman Triathlon is revered as the granddaddy of all triathlons. In its 20-year history, athletes from all over the world have trained assiduously hard to earn one of the coveted 1,500 slots.

Many don't make the "cut," those who do understand they are part of an elite crowd. Cmdr. William Martin "Marty" Smith, readiness officer for Commander in Chief, U.S. Pacific Fleet (CINCPACFLT), was notified last month that he had made the "cut."

"I was totally exhilarated," said Smith, a 22-year Navy veteran. "The hardest challenge is getting accepted in a field of 1,500. It's a very special triathlon."

The triathlon, held in Kona on the island of Hawaii, begins with a 2.3-mile open-water swim, transitions to a 112-mile bicycle race, and concludes with a 26.2-mile marathon run. "The run is the most enjoyable, even though it's the most painful," said Smith, a former submarine commander.

"I'm a fairly mediocre swimmer and my bike is about average, but my background is in long-distance running. That's usually where I pass the most people."

Smith, who has participated in 50 triathlons since 1985, recently placed high in the Vineman Triathlon in Santa Rosa, Calif. His total time was just over 11 hours. Lt. Cmdr. Timothy Pedersen, a co-worker at CINCPACFLT, predicts Smith will repeat his California performance at Kona. "He will be an 11-hour to sub11-hour finisher, which is very impressive," said Pedersen.

Lean, muscular and standing at about 5

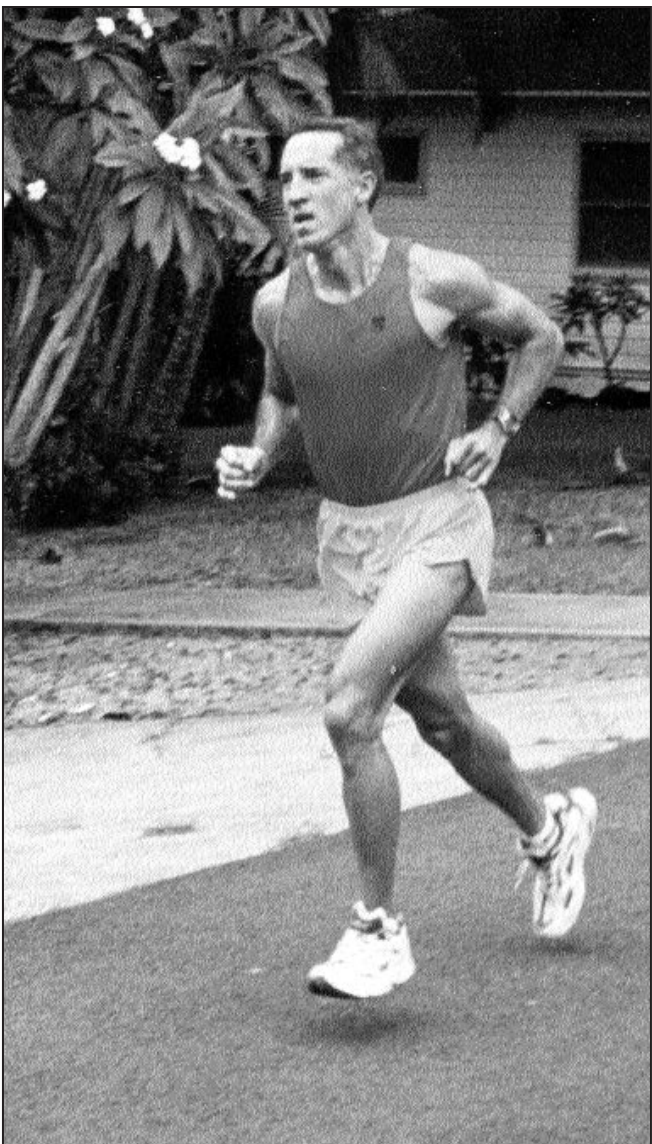
feet, 10 inches, Smith has the classic runner's physique.

"I've got a good body form for running, although in some ways that hurts me in the swim and biking," Smith said. Conversely, it's his size that has prevented him from incurring any serious injuries, a fact that makes him knock on wood.

"I'm lucky," Smith said modestly.

Smith's secret to his athletic success is not rooted in newfangled ideas or obsessions, just good old-fashioned hard work and common sense. He said he works out twice a day, six days a week, alternating "hard" and "medium" workouts. He lifts weights year-round to maintain strength and endurance and he doesn't employ trendy diets. He does use a

▼ See IRONMAN, B-3



Cmdr. William Martin "Marty" Smith, readiness officer for Commander in Chief, U.S. Pacific Fleet, runs and swims laps as part of his training for the upcoming Hawaiian "Ironman" triathlon in Kona. During the "Ironman," participants must complete a 2.3-mile open-water swim, a 112-mile bicycle race and a 26.2-mile marathon run.



NPMOC Sailors pursue gridiron dreams

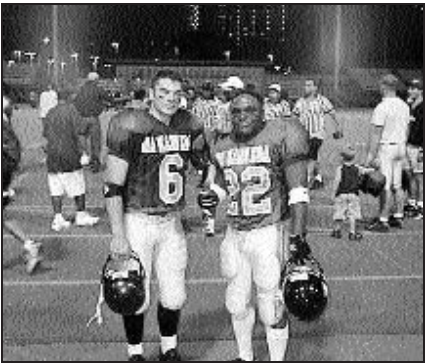
By Lt. James Sinclair
NPMOC/JTWC

Two of the best semi-pro football players in the state of Hawaii work at Naval Pacific Meteorology and Oceanography Center/Joint Typhoon Warning Center. Aerographers Mate 1st Class Anthony Crutch and AG3 Brian Howells start for the Oahu Na Kani Koa football team, part of the Hawaii Football League.

This year they were undefeated during the regular season, but lost a hotly contested game to Maui in the playoffs. Crutch (#22) leads the team with an average of 24 yards per each of his 21 receptions and has three touchdowns, while Howells (#6) leads with 38 receptions for 541 yards and has four touchdowns.

Both were selected for the Hawaii All-Star team, but they ended up competing against one another, as Howells was asked to fill an empty slot on the Team USA roster. Team Hawaii emerged victorious that day with a 15-7 win. Howells had seven receptions for 123 yards and Crutch had two receptions, 49 yards and one touchdown.

Howells has been offered a full scholarship at Liberty University in Virginia, but is still undecided and is being considered for scholarships from University of Hawaii, University of Idaho and Willamette University in Oregon. Twenty-one years old, Howells is still pursuing his dream of college ball, "It's always been a lifelong



QMC Herbert Kelton photo

AG1 Anthony Crutch (right) and AG3 Brian Howells of Naval Pacific Meteorology and Oceanography Center/Joint Typhoon Warning Center are starters for the Hawaii Football League's Oahu Na Kani Koa team. Both Sailors were selected for the Hawaii All-Star team.

dream of mine to play college football, I thank my command and the Na Kani Koa team for helping me achieve this goal."

Not looking for scholarships, Crutch explained why he plays, "I'm 30 years old and just want to use up what I've got left before it's too late." Based on his performance against much younger players, Crutch still has plenty left.

Halsey Terrace youth inducted into American Youth Baseball Hall of Fame

submitted by Boys of Baseball National Travel Team

Twelve-year-old Blair Ellington, a resident of Halsey Terrace, enjoyed a dream summer. Following years of hard work, Blair was one of the lucky few children selected last March to be members of the Boys of Baseball National Travel Team.

Blair was selected to the Boys of Baseball following a series of highly competitive nation-wide tryouts. His teammates hail from states such as New York, Alabama, Florida, California and Maryland.

The Boys of Baseball National Travel Team was formed in 1995 and is a non-profit organization dedicated to attracting top individuals who are also top players. Selection is made based on character, commitment, quality, class and capability.

During August, the National Travel Team joined 45 other youth baseball teams from throughout the United States at the Cooperstown Dreams Park Invitational Tournament in Cooperstown, NY. The Boys of Baseball finished the tour-

nament ranked seventeenth. The switch-hitting Blair made significant contributions to the teams' success, as he hit for a .524 average, including an impressive 280-foot home run.

On defense, he displayed his versatility by playing third base, right field and first base. Blair also pitched a complete game victory over the Ironbound, New Jersey Little League All Stars, holding them to only five hits. Following his effort against the New Jersey team, he was selected as "Player of the Game." As a pitcher, he finished the tournament with a 1-0 record and a 2.57 earned run average.

At the end of the tournament, the players from all teams were inducted into the Cooperstown American Youth Baseball Hall of Fame, in a



Lt. Cmdr. Sid Ellington photo

Blair Ellington, a Halsey Terrace youth, was recently inducted into the Cooperstown American Youth Baseball Hall of Fame.

spectacular ceremony that included music and fireworks.

Blair, an honor student at Mid Pacific Institute in Honolulu, dreams of playing college baseball at a Division I university.